



# SPECIAL REPORT

ISSUE NO. 129

\$5.99 USD / 7.99 CAN



# 12

# SIGNS OF A SERIAL CHEATER

12 Things that Indicate the Likelihood of Serial Cheating



[www.GoAskSuzie.com](http://www.GoAskSuzie.com)

by **SUZIE JOHNSON, CPC**



**SOULMATES ARE NOT MADE IN HEAVEN.  
THEY ARE CREATED RIGHT HERE ON EARTH.**

# 12 Signs of a Serial Cheater

## Special Report

### Table of Contents

About this Special Report	04
The 12 Signs	06 - 24
Final Thoughts	25
The 12 Signs Infographic	26
Next Steps	27
Process Questions	28



## SUZIE JOHNSON

Marriage Coach & Affair Recovery Expert

MARRIAGE WELLNESS INSTITUTE

17304 Preston Road Suite 800, Dallas Texas 75252

Phone: 214-224-0460

Website: [GoAskSuzie.com](http://GoAskSuzie.com)

# ABOUT THIS SPECIAL REPORT

Dallas, Texas

**W**elcome to my special report on *The 12 Signs of a Serial Cheater*. This report is intended for: (1) anyone trying to assess the risk of their spouse cheating... again, and (2) anyone trying to determine if they have within themselves what it takes to be successful in monogamy.

If either of these describes you, don't despair.

The truth is now clear. Mother Nature has not hardwired human beings for monogamy. Her real mandate is procreation. This means that for all of us who are attempting to live (and Love) within the chosen boundaries of monogamy... temptations abound.

### SO THE QUESTION THEN IS THIS:

Why is it that some people seem to be more immune to those temptations and have little or no problems with fidelity, while others seem to be more susceptible and find themselves in a constant struggle with fidelity?

That's a great question. Shining some light on those answers is what this special report is all about.

### IN THIS REPORT...

I'm going to cover what I consider to be the 12 signs that indicate that you (or your partner) may be more vulnerable to temptation, and therefore more susceptible to infidelity. However, before I go into the actual report, let me make something very clear.

### STOP... AND READ THIS.

After more than a decade of working with wayward partners, **it's been my experience that the overwhelming majority of people who stray end up only being one-time offenders.** And yet, I cannot deny that there is a smaller group of people who will struggle with monogamy and who do end up becoming serial cheaters. This report is a collection of the things I've observed that are present (and consistent) among this minority group.

## HERE'S MY GOAL FOR YOU.

By the time you've read all the way through this report, you'll be made aware of what those vulnerabilities are. Not to condemn them, but rather, to gain insights and awareness so you won't be caught off guard by them.

## PLEASE NOTICE:

I describe these 12 signs as vulnerabilities or tendencies. That's because they are only pointers (not permanent markers). Also notice that I offer no judgments here. I believe there are no limits to how much a person can overcome, grow and change. Also note that I don't presume to know (or believe) monogamy is right for every person. That would be

My aim here is to reveal the things that cause people to struggle with monogamy, and therefore increase the likelihood of them becoming a serial cheater.

## YOUR MISSION?

Read this entire report with an open mind towards understanding the vulnerabilities that may cause you or someone you love to struggle with fidelity. Be willing to communicate, support and make adjustments where needed in order to help them overcome any challenges they may be facing in this area. Do you think you can do that? I know you can.

And with that said, here are the 12 signs that I believe increase the likelihood of a person becoming a serial cheater - and how to avoid them.



Suzie Johnson

Dallas, Texas

# HOW TO GET THE MOST FROM THIS REPORT



### 1. READ THE TIPS WITH AN OPEN MIND.

Keep in mind, some of what I share, you already know... and yet, knowing isn't enough. The goal here is for you to connect with the information at a deep enough level, so it causes you to question your current beliefs, inspires in you a shift in perception, and strengthens your resolve to better understand. Staying open gives you the best chances of doing that.



### 2. COMPLETE ALL OF THE PROCESS QUESTIONS.

At the end of these 12 signs, I've provided you with 3 process questions similar to the ones I use with my private clients. The goal of these questions is to take you deeper than reading alone. And as far as I'm concerned, it's taking the time to answer these types of questions that will end up being the difference that makes the difference for you.



### 3. WHEN IT MAKES SENSE FOLLOW THE NEXT STEPS.

I've provided you with a "next steps roadmap" to follow (if it makes sense in your situation). Please note: My next steps are just one of the many options you can take. If my recommendations make sense for you... great. If not, then that's also okay. The key here is to remember that this is a marathon (not a sprint), and to survive, you've got to keep moving forward.

## 12 SIGNS OF A SERIAL CHEATER

SIGN #  
12

## LIVES IN A "ME" UNIVERSE

**D**o you remember the story of Narcissus? He was the guy who spent endless hours gazing at himself. He did this so much, it angered the goddess of Love, Aphrodite, who had to pull the immature guy aside and explain to him that he was wasting his time on the wrong object (himself). Those who live in a "me" world are like modern-day versions of Narcissus. Therefore, living in a "me" world can also be seen as a state of hypnotic fascination with one's self - to the exclusion of others (narcissism). It describes becoming fixated on meeting your own needs, wants and desires - to the exclusion of everyone else's.

## SIGNS YOU MAY BE LIVING IN A "ME" UNIVERSE

- You live in your "head" (a strong fantasy life).
- You're prone to delusions of grandeur.
- You've been called self-absorbed, lazy, selfish, immature, shallow, narcissistic, or egotistical (more than twice).
- Secretly you believe, "It's all about me."
- Deep down you believe, in order for you to actually win... somebody else has to lose.

## PERHAPS THE BIGGEST SIGN...

- You give minimum effort and minimum attention to anything that's "not about you."

## WHY THIS MAKES YOU VULNERABLE TO INFIDELITY

The commitment to monogamy requires both effort and attention to maintain it. Conscious effort is needed to think ahead about how your behavior and choices will affect the relationship. Real attention is needed to keep the love and romance alive within the relationship. However, when you're living in a "me" universe, the effort and attention needed to be successful in monogamy becomes a burden. In other words, it's perceived as a duty rather than a delight.

## 🩹 THE ANTIDOTE?

- 1) **GIVE FIRST:** Instead of focusing so much on your own wants, needs and desires, be the first to anticipate (and meet) your partner's needs, wants and desires.
- 2) **PRACTICE THE PLATINUM RULE:** Treat your partner the way THEY want to be treated. Do this, and you'll find there's a whole other level of love and intimacy waiting for you to discover and enjoy.

SIGN #  
11

## POOR SELF-IMAGE

**W**hat's **self-image**? Here's a definition I like: Self-image is the "inner picture" people hold in their minds about themselves. This image is made up of all the thoughts, beliefs and images you have of yourself. It's from this "inner picture" that things like self-esteem and self-confidence are based.

Now here's the thing.

Although there's more than 6 billion people on this planet, there are basically only two types of self-images that people have of themselves: adequate or inadequate.

**Adequate Self-Image:** Means you believe you possess (or at least have access to) all of the resources you need in order to get your needs met.

**Inadequate Self-Image:** Means you feel that you are lacking (or don't have access to) enough of the resources you need to get your needs met.

**Notice:** It doesn't matter whether or not the image you hold of yourself is actually true. It only matters what you believe.

### SIGNS YOU MAY HAVE A POOR SELF-IMAGE

- You Experience Chronic Thoughts Like: Something must be wrong with me; it's always my fault. If I were better, bad things wouldn't happen.
- You Experience Consistent Feelings Like: I can't handle this. It's too much. I'm not important.
- You Experience Persistent Images of: Being taken

advantage of, being victimized, being overlooked, being abandoned.

### PERHAPS THE BIGGEST SIGN...

- There's a deep-rooted fear of not being good enough.

### WHY THIS MAKES YOU VULNERABLE TO INFIDELITY

Sadly, many affairs are the attempt to escape (or numb) the pressures of feeling like one doesn't measure up. And if you're constantly telling yourself you're not good enough, then those thoughts leave you open to "sabotage the good things in your life"... since you feel like you don't really deserve them.

### 🩹 THE ANTIDOTE?

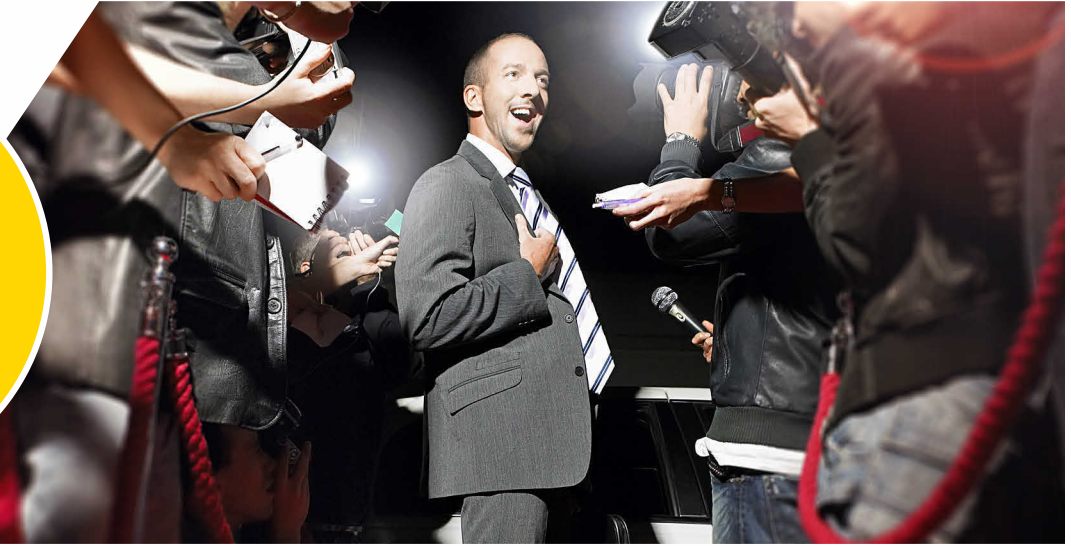
**Expand Your Self-Image.** Notice how having an adequate self-image is not established in childhood nearly as much as it is established in adulthood.

**Grow Your Confidence.** Have faith in your ability to handle whatever life throws at you.

*Perhaps most importantly...*

**Begin to Doubt Your Self-Doubt.** The fact is, you're a winner. I mean think about it. Haven't you already made it through unlikely circumstances? And haven't you overcome many difficult challenges to be where you are today? I think it's time for you to remember this and to start taking a lot more credit for it.

## 12 SIGNS OF A SERIAL CHEATER

SIGN #  
**10**

## THE ATTENTION ADDICT

**W**hile it's normal to love getting attention, the attention "addict" takes it to the extreme. They don't just want attention; they crave it like a drug (especially from the opposite sex). In fact, they crave it so much, they don't really care if it's negative or positive... so long as they're getting it. For example: In relationships, they don't merely request attention – they demand it. In conversations, they're not interested in listening to anyone – only in having an audience.

## SIGNS YOU MAY BE AN ATTENTION ADDICT

- You secretly believe it's better to be hated than to be ignored.
- You feel miserable if you aren't the center of attention.
- You tell white lies or frame things in a way to impress others.
- You tend to talk over others during conversations.
- You need others to tell you that you look good to feel good about yourself.
- You deliberately dress, act or speak flirtatiously to entice others.
- Attention from the opposite sex makes you feel extra special.

## PERHAPS THE BIGGEST SIGN...

- You're a poor audience member, a poor listener and a poor team player, because you can't stand for others to have "center stage".

## WHY THIS MAKES YOU VULNERABLE TO INFIDELITY

Attention addicts use attention like a drug - to make themselves feel good. This suggests that eventually, they become less discerning about who supplies the attention they crave. And like a crack addict, so long as they can find a supplier, they are an eager consumer. The challenge, of course, is how this often leaves them open to seduction - especially by those who are willing to supply them with attention at a price (often in return for sexual favors).

 THE ANTIDOTE?

- 1) Discover better ways to receive attention from positive sources.
- 2) Resolve within yourself that it's never okay to trade sexual favors for attention.
- 3) Start paying more attention to yourself, so you don't have to look to others to do it for you.

SIGN #  
**09**

## ATTRACTED TO GUILTY SEX

**I**f you've seen the movie "Closer" (starring Julia Roberts), then you know it's anything but warm and fuzzy. In fact, the film is a pretty good case study of how to ruin your relationships, hurt your partner, lie to yourself and get seduced by your own seductions. And yet, in the midst of all this, the movie shares an important message. It's a wonderful exposé on the often submerged and hidden world of the attraction to guilty sex.

### SO WHAT EXACTLY IS THE ATTRACTION TO GUILTY SEX?

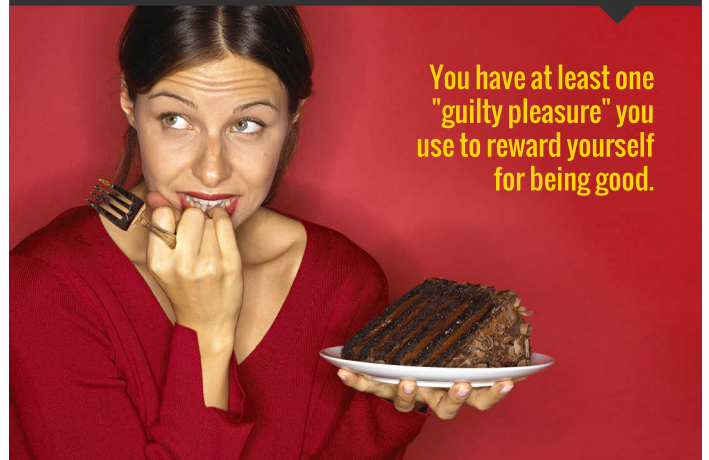
It simply means you get pleasure (sexual arousal) from the guilty feelings produced by having secrets, breaking the rules or crossing forbidden lines. Sadly, most people are not aware that they can be as attracted to the guilty pain as they are to guilty pleasure that comes from their guilt-producing activities.

#### SIGNS YOU MAY BE ATTRACTED TO GUILTY SEX

- Kisses taste better when they are stolen.
- The risk of being caught adds sexual tension (rather than taking it away).
- The forbidden nature of it makes it more desirable for you.

- You're Catholic! (Just kidding!) I feel I can joke about this, since I actually am Catholic myself.

### PERHAPS THE BIGGEST SIGN...



### WHY THIS MAKES YOU VULNERABLE TO INFIDELITY

It goes without saying that extramarital affairs are massive guilt-producers. So if a person is secretly attracted to guilt-inducing pleasures, then it would be no surprise that they are more likely to be tempted to indulge in an affair... using it as a "guilty reward" for having been a good wife or good husband.

The   
**ANTIDOTE**  
to guilty sex



GoAskSuzie.com



**1**

Become aware of whether or not a secret attraction to the forbidden and the illicit or a strong desire for the taboo exists within you.

**2**

Admit that the forbidden has a strong allure and appeal for you.

**3**

Stop using guilty pleasures as a way to reward yourself.

SIGN #  
**08**

## TROUBLE SAYING NO (OR HEARING NO)

**D**o you have a tough time telling people no? When you have trouble "saying no" or turning down other people's requests (because it makes you feel guilty) can often pressure you into saying yes when you really want to (or should) just say no. Are you able to accept a "no" from people? When you can't hear no or refuse to allow people to turn down your request, there is a danger of taking it personally and of perceiving their "no" as rejection.

Both of these reactions to saying or hearing the word "no" are a big indication of boundary issues. You see, how healthy or unhealthy your boundaries are can be isolated to one thing – your relationship to the word NO.

*Think about it like this...*

Imagine for a moment that your boundaries are like the borders of a country. They're there to keep the good in and to keep the bad out. Using this metaphor, the word "no" is a lot like the Border Patrol. Saying "no" is how you keep out things that aren't constructive for you. And when it comes to having healthy boundaries and respecting the rights of others (playing well in the sandbox, so to speak), honoring their borders (their right to say no) is how you can easily avoid becoming co-dependent or too controlling.

### SIGNS YOU MAY HAVE TROUBLE SAYING (OR HEARING) NO

- You say yes (even when you don't want to) just to avoid having to face conflict.
- You feel guilty for saying no.

- You're a chronic people-pleaser or approval-seeker.
- You don't ask for what you truly want, because you're afraid they might say no.
- You find it easier to do what you really don't want to do, rather than saying no.

### PERHAPS THE BIGGEST SIGN...

- When your partner says "no" to you... you feel slighted, offended and hurt. You take their "no" personally.

### WHY THIS MAKES YOU VULNERABLE TO INFIDELITY

Two reasons: **(1)** When you view your partner's *no* as a sign of rejection, it can lead to a build-up of resentments, which in turn erodes your level of commitment, leaving you vulnerable to temptation. **(2)** Without healthy boundaries to protect you, you're wide open to slipping down the slippery slope of seduction and ending up in affairs that you never meant to have in the first place.

### 🩹 THE ANTIDOTE?

**First step:** Get more comfortable with the word "no." Begin by using phrases like "that's not ok for me" or "not now." **Next step:** Never take "no" personally. Begin by telling yourself, it's their privilege to say no. The goal? Practice saying no at least twice per day... and make it a rule never to take any "no" personally.

## 12 SIGNS OF A SERIAL CHEATER

SIGN #  
**07**

## FEELING DEPRIVED

**O**ne of the most common reasons people give for straying is that they felt they had been deprived of something they wanted or needed in their marriage. For some, it was being "sex-deprived" (not enough sex or not enough sex the way they liked it). For others, it was being "attention-starved" (felt neglected, like they were being deprived of the attention they deserved). And still for others, the sense of deprivation was more psychological... where they felt the marriage itself deprived them of freedom and the ability for them to be themselves.

Here's the thing. When it comes to feeling deprived, it really doesn't matter if the sense of scarcity or lack is real or not. What matters is whether or not the person *perceives* it as real. In other words, once you think you're being deprived of something you want or need, that belief is enough to distort everything else.

## SIGNS YOU MAY BE FEELING DEPRIVED

- You feel that you have nothing that's "just for you."
- You don't feel understood; your partner just doesn't "get you."
- You feel like your marriage is a result of circumstance, rather than choice.

- You don't feel like you're getting your needs met in the bedroom.
- You feel taken for granted, neglected, invisible or unimportant in your own home.
- You experience a lot of envy towards other couples that appear to be getting more from their relationships than you do.
- You feel "burdened" by fidelity (like it's a favor you have to do for others).
- You work hard to "appear" to comply with monogamy; secretly, you see it as an infringement on your freedom as a human being.

## PERHAPS THE BIGGEST SIGN...

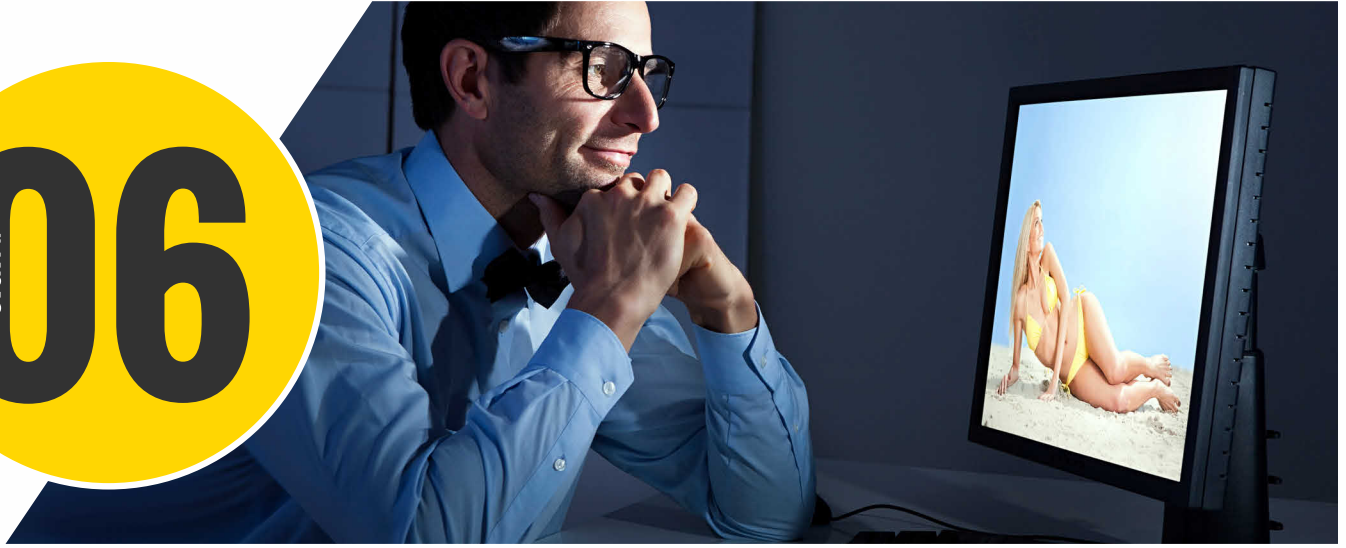
- You feel like you've missed out on some of the major life experiences... like dating the most popular girl or guy, being wined and dined, having a grand passion, having amazing sexual experiences or that one great romance.

## WHY THIS MAKES YOU VULNERABLE TO INFIDELITY

Feeling deprived makes you vulnerable to infidelity for the same reason that starving yourself makes you more vulnerable to gaining weight. The moment you feel you can't have a thing, it makes you want that thing even more. And so, if you're feeling deprived of romance, then extramarital temptations can seem like a grand romance. If you're feeling sexually deprived, then one-night stands can feel like once-in-a-lifetime opportunities. And if you're feeling deprived of connection, intimacy or understanding at home, then the affair partner may appear to be the soulmate you've been longing for.

### THE ANTIDOTE?

Do this: Instead of seeing yourself as a victim of life, begin to see yourself as a student of life. Recognize that you have the freedom to change anything about your life that you don't like. You don't have to suffer in silence. Communicate how you feel.

SIGN #  
**06**

## ADDICTED TO PORN

**I**f there's one question I get a lot from the media, it's whether or not I view porn as a gateway to infidelity. My answer is, I don't believe so. However, I will say this. It's been my observation that most serial cheaters usually have a history of porn addiction as well as a strong tendency to "live in their heads." But does that mean that porn creates serial cheaters? No, it doesn't mean that. The key distinction to note is that, like many other things (alcohol, food, sex)... there are "indulgents" and "over-indulgents". In other words, watching a lot of porn is like eating junk food – it may be pleasurable... but it's not healthy.

### SIGNS YOU MAY BE ADDICTED TO PORN

- Watching more than 6+ hours of porn per week
- Watching porn during work times
- Unable to have sex without watching porn first
- Hidden memberships to adult websites
- Preferring solo masturbation over the effort it takes to be with your partner
- Needing to fantasize about porn situations during love-making
- Secret fetishes, kinks and illicit indulgences that only porn can satisfy

### PERHAPS THE BIGGEST SIGN...

- Just watching "vanilla" porn doesn't work anymore. To achieve the rush and high, your viewing tastes have gotten increasingly more edgy, risqué or perverted.

### WHY THIS MAKES YOU VULNERABLE TO INFIDELITY

The challenge with porn is that it's an appetite enhancer. It amps up intensity, ramps up desire, builds up adrenalin and fires up our sexual imagination (all of which feel really good). But here's the kicker. Once we have expanded our appetites, it's like expanding an empty balloon; it creates an even bigger space to fill. And eventually, for some, just passive watching no longer satisfies their more enlarged appetite. They start to crave more and more. It's that "craving for more" that makes them vulnerable to temptation.

### 🩹 THE ANTIDOTE?

How do you heal porn addiction? Good question. First thing I would do if I were you is to run a Google search on the term "porn addiction." You'll find there are a lot of helpful programs, websites and articles available. The key here is to not bury your head in the sand if you suspect you may have a problem in this area. Do something about it.

SIGN #  
**05**

## CONSTANTLY LOOKING FOR PROOF OF "SPECIALNESS"

**H**ere's a question: Do you know what makes you special? Do you know what you bring to the table in a relationship *besides* money or sex? Notice that I'm taking the "money and sex" answer off the table because those are commodities (anyone can bring them). So the opposite of a commodity is having something exclusive, rare or unique. That's what I mean by specialness. So now that you know more, let me ask the question one more time.

### Do you know what makes you special?

If your answer is yes... then congratulations! You are way ahead of the crowd. However, if you hesitated or are unsure of the answer, then chances are, you're more susceptible to temptation than you may have imagined.

### Let me explain.

Your "specialness" describes what makes YOU desirable, irresistible, significant, admirable, impressive and sought after by others. In a way, you could say it's your "social currency." In other words, your specialness determines how valuable you are to

Here's the kicker. No one outside of you can actually determine your specialness. You must determine (and discern it) for yourself. Fact: Those who understand their own "specialness" enjoy higher social value, confidence and more success in relationships.

### SIGNS YOU MAY BE SEEKING PROOF OF SPECIALNESS

- You're known as an approval-seeker or a people-pleaser.
- You're insecure, needy or jealous and need constant reassurance in relationships.
- You don't feel loved unless you get tangible proof of love from your partner (gifts, flowers, cards, candy, jewelry).
- You see sexual attention as a validation of self-worth.
- You use a sex "rating system" for how valuable you are.
- You spend a lot of time wondering what others feel or think about you.
- Compliments, sweet words and flattery work on you (even when you know they're not real).

## PERHAPS THE BIGGEST SIGN...

- You tend to gravitate towards relationships where you have the upper hand and towards partners who need you or love you more than you need or love them.

### WHY THIS MAKES YOU VULNERABLE TO INFIDELITY

The “banana peel” many good people slip on - when it comes to extramarital affairs - often comes from an urge to seek proof of specialness. Here's why: Most affairs begin as harmless conversations but as time goes by, those conversations wing up turning into “signs of specialness”. Things like, “*You really understand me. It's like we can tell each other anything*”. It's reached the Emotional Affair Stage).

*If it continues...*



Eventually, more "proof" is needed, and usually, that's when people cross the line into physical intimacy; in essence, risking everything to "prove" that what they have is "special" (not just a sordid affair).

### 🚑 THE ANTIDOTE?

**Step 1:** Don't confuse *attention* with *significance*. And don't mistake *signs of lust* for *signs of worth*. This can make you very susceptible to seduction.

**Step 2:** Know that sex is really just a commodity. Anyone can do it. So don't use it as a rating system.

*And finally, the most important step...*

**Step 3:** Stop looking outside of yourself to find "proof of specialness" or self-worth. Instead, become the only authority on what makes you valuable. This will free you from neediness and restore your true self-esteem.

SIGN #  
**04**

## LOYALTY TO EXCUSES AND RATIONALIZING

**I**n the movie *"The Big Chill"*, Michael says to Sam: *"I don't know anyone who could get through the day without two or three juicy rationalizations. They're more important than sex."* To which, Sam replies: *"Ah, come on. Nothing's more important than sex."* Michael then says...*"Oh yeah? Ever gone a week without a rationalization?"*

It's a great line from a great movie which also illustrates an important point. We're largely a successful species, because we have the ability to use our intelligence to rationalize making good choices. However, we can also misuse this function of our intelligence. We often use our intelligence to "rationalize" our poor choices. When we do this, it's called a "rational-lie" (notice the spelling). This means using our intelligence to produce a false argument that makes it "okay" to proceed with a poor choice.

We've all done this at some point in our lives. But sadly, for some, it has become their "default setting." They become super-loyal to the "rational-lies" they make up than they do to just being honest with themselves. They depend on their ability to create juicy "rational-lies" to stay in denial, cover up mistakes, evade consequences and avoid responsibility. You can recognize these people pretty easily. They seem to always have an excuse handy and are able to "talk" their way out of just about anything.

### SIGNS YOU MAY BE LOYAL TO EXCUSES AND RATIONAL-LYING

- You are almost always able to rationalize wrong choices or poor decisions.
- You prefer to make excuses rather than to admit to flaws, faults or mistakes.
- You're often argumentative or defensive (you can't take notes or critiques).
- You're always on the lookout for the "easy" way out.
- You blame-shift your faults away. (It's your parent's or society's fault why you are this way).

### PERHAPS THE BIGGEST SIGN...

- You trust your ability to rationalize (rational-lies) more than anything else, so you give yourself permission to proceed with poor decisions... trusting in your ability to talk your way out of the consequences.



GoAskSuzie.com

## WHY THIS MAKES YOU VULNERABLE TO INFIDELITY

Have you ever heard the saying... *It's easier to gain forgiveness than it is to gain permission?* This is the chief argument of the person who is loyal to making excuses and rational-lying.

But, here's the thing. Once you become "loyal" to your excuses and rational-lies, then it goes without saying that you must now be *disloyal* to living with integrity.

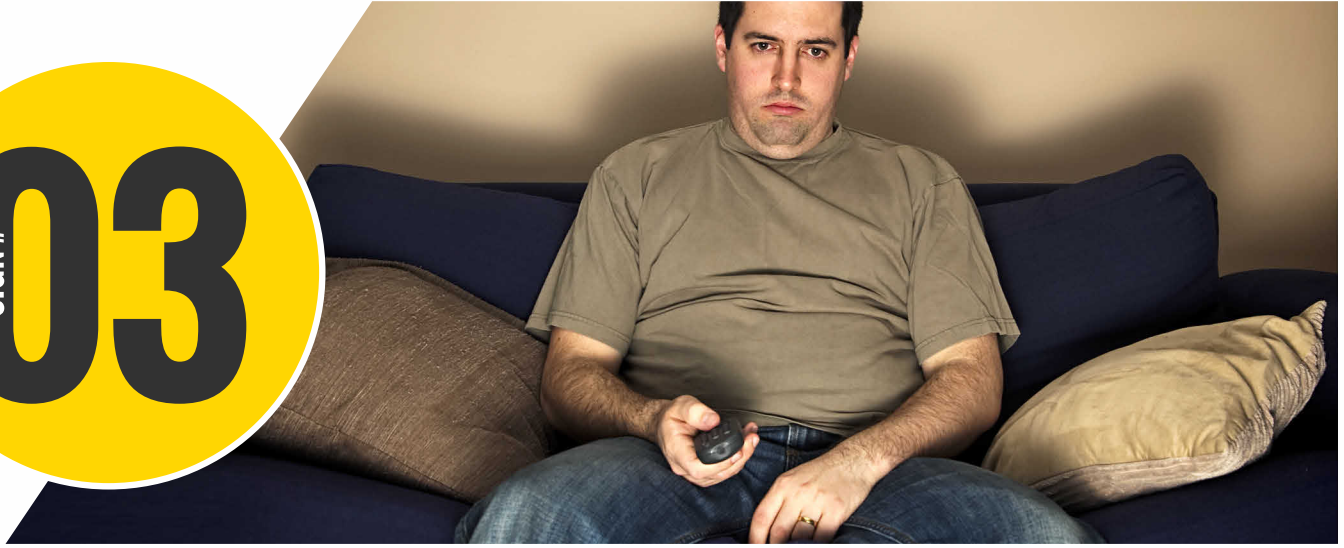
And this is also why, for example, so many affairs happen to good people... in good marriages. It's not that they are bad people. Banish that thought. In fact, it's more likely that they are good people who have also become enamored of their own ability to "rational-lies" to the point that they miss the fact that dishonesty is

still dishonesty – even if it's cloaked in logic and intellect.

## THE ANTIDOTE?

1. Give up your dependence on excuses and rational-lying to get you out of trouble. Instead... only make choices that you won't need to make excuses for or to "rational-lies" about later on.

2. Make a list of all the excuses and rational-lies you've told yourself to make straying "okay" for you. Things on that list could include: *What they don't know won't hurt them. It's better to gain forgiveness than to get permission. You only live once.* (You get the idea.) Next, take your list, find the nearest shredder and shred them to pieces. If you can't find a shredder, then set a match to the paper and watch them burn. Make it

SIGN #  
**03**

## DIFFICULTY TOLERATING BOREDOM

**T**he acclaimed movie producer Tyler Perry directed a wonderful film in 2007 called "Why Did I Get Married?" I wonder, have you ever really stopped and asked yourself that question? Here's the thing. While people get married for a variety of reasons... it may come as a surprise to you to know that *love* isn't the most common one. (Gasp!) People around the world marry for many reasons other than love; financial stability, parenting help, companionship, status, etc. So far so good. However, there are actually those for whom marriage serves a darker purpose... to ward off boredom.

This means they look to their partner to provide *more* than companionship. They need them to provide entertainment. And they don't want their relationship to produce contentment. Instead, they want it to produce distraction, stimulation and excitement in their lives.

But what happens when their partner no longer provides entertainment? When all the jokes have been told and the witty dialogues go flat? And what happens when their relationships settle into a predictable routine of working, mowing the lawn, paying bills and taking the kids to soccer practice? You probably guessed. Those who have difficulty tolerating boredom... now become highly susceptible to temptation.

### SIGNS YOU MAY HAVE DIFFICULTY TOLERATING BOREDOM

- You always need a distraction when you're alone (phone, Internet, TV).
- You have difficulty sitting quietly (yoga or meditating scares you).
- You need help falling asleep (pills, alcohol).
- You're resentful when your partner leaves or goes away.
- Routines and schedules trigger agitation and defiance in you.
- You punish others when they fail to entertain you or hold your attention.
- You feel your partner's "job" is to make *your* life interesting, as well as to keep you interested in him or her.

### PERHAPS THE BIGGEST SIGN...

- When you're alone (or bored), you have a tendency to overeat, drink, gamble, watch porn or use other forms of negative distraction.



## WHY THIS MAKES YOU VULNERABLE TO INFIDELITY

I consider boredom in monogamy to be what kryptonite is to Superman – its only weakness. Because by its very nature... monogamy means "one option"; because it is rooted in the concept of exclusivity. The downside of monogamy becomes the loss of variety.

Therefore, it's no surprise that those who have challenges dealing with boredom are increasingly more likely to have trouble living in monogamy. And when you think about it, it makes sense. Because boredom is an unpleasant emotion. So without the ability to deal with the discomfort of boredom... people become vulnerable to all types of distraction (good and bad).

*This is why, for example...*

The risk of infidelity rocking a "good marriage" is exactly the same as it is for a "bad marriage". (Gasp!) Why? Because boredom is the bane of a good marriage. Think about it. When things are going good,

granted? And aren't you less attentive to the people you trust explicitly? And isn't it sometimes easier to stay in your comfort zone and your predictable patterns, rather than to rock the boat and aim for more? For most people the answer is yes. And yet, when it comes to monogamy... predictability equals risk... because it often gives rise to boredom.

## 🩹 THE ANTIDOTE?

**1.** Keep in mind that love and boredom are two separate things. You can love someone with all your heart and still be bored. (Just ask any mother with a two-year-old.) So instead of feeling guilty whenever boredom strikes; try instead to communicate with your partner about how you're feeling.

**2.** Recognize that monogamy comes with a trade-off (loss of variety). And so, if you want to be successful in monogamy, you need to have a plan for dealing with that loss. This means you'll need to find constructive ways to build variety and newness into your marriage.

SIGN #  
**02****DEFAULTING TO DISHONESTY**

**T**he honest person defaults to getting their needs met honestly. The dishonest person defaults to getting their needs met dishonestly. Notice: Both are attempting to get their needs met. But here's the thing. There can be no true happiness without authenticity. That means to be authentic requires one to default to getting their needs met honestly. Therefore, people who use deception to get their needs met can expect to experience unhappiness.

But, since no one wants to be unhappy... why do so many people default to deception? I believe it's because they believe being deceptive is the only way to get what they want; therefore, they see deception as a "means to an end" (the end being "happiness").

Am I saying that people who default to dishonesty are in fact attempting to be happy? Yes, that's exactly what I'm saying. Misguided as it may be... I believe it's true.

*Think about it like this...*

If you really knew you could have everything you wanted honestly, would you ever attempt to get it dishonestly? The obvious answer is no. So the fact that people who attempt to get their needs met dishonestly suggests they believe, at some level, they don't have another choice. And therein lies the deception within deception.

**SIGNS YOU DEFAULT TO DECEPTION**

- Constantly lying, blurring, editing, downplaying or inflating the facts
- Misrepresenting how you really feel (to avoid conflict or to avoid confrontation)
- Making promises (but not making good on them)
- Cheating to hide weaknesses or to gain a dishonest advantage over others
- Attempting to take credit or to gain unearned rewards
- The urge for admiration is stronger than the desire for authenticity
- Using a fantasy life to escape or evade reality
- Using manipulative strategies (misdirection, seduction, guilt) to get your way

**PERHAPS THE BIGGEST SIGN...**

- You believe that you just can't get your needs met honestly, and so you have no choice but to do things dishonestly.

## WHY THIS MAKES YOU VULNERABLE TO INFIDELITY

The correlation between infidelity and deception is obvious: Without deception, there can be no infidelity, right?

But what's sometimes not so obvious, is how much this "defaulting" to deception (the dependence on deception to get your way) is at the root of the problem. What I'm saying here is that infidelity is not just a matter of illicit sex, telling lies and keeping secrets.

The real issue is the belief that being deceptive is the only way to get what you really want.

## THE ANTIDOTE?

*Remember...*

There is no true happiness without authenticity.

To be authentic requires you to be true to yourself. And getting your way via dishonesty always requires you to be dishonest with others... as well as with yourself.

### **Bottom line?**

Recognize the truth. *You cannot truly win if you have to cheat in order to win.*



GoAskSuzie.com

SIGN #  
**01**

## BURIED ANGER

**T**his one is a biggie. While there's been a lot of talk about both anger and anger management... not much is known about buried anger. And yet, I'm here to tell you that buried anger (in my opinion) is the number one thing that makes a person vulnerable to becoming a serial cheater.

### So what exactly is buried anger?

To better understand the premise of buried anger, it helps to think about it being like a land mine. As you know, a land mine is an explosive device that's been buried underground, and was designed to detonate when triggered by proximity, pressure or a tripwire.

Buried anger works the same way. It's repressed hostile emotions buried just beneath the surface of your conscious mind... that can easily be triggered by pressure, stress or perceived offenses by others.

### WHAT IS BURIED ANGER MADE UP OF?

It's a combination of perceived insults, injustices, offenses, rejections, failures, disappointments, neglect and traumas we never forgive, but instead repress (or bury) in our minds. So, am I saying that another word for buried anger is unforgiveness? Yes. That's exactly what I'm saying. In fact, I will go out on a limb and say the unforgiving heart is a graveyard of buried anger.

### SIGNS YOU HAVE BURIED ANGER

- You've been called "sarcastic" or "cynical" (more than twice).
- You have passive-aggressive tendencies.
- You find yourself constantly rehashing and reliving past events.
- You feel like other people consistently try to take advantage of you.
- You're seen as judgmental, uptight or critical by others.
- You've been accused of acting "superior" or being condescending (more than twice).
- You're unable to overlook insults or offenses (real or imagined).
- You've been accused of being controlling or obsessive.

### PERHAPS THE BIGGEST SIGN...

- You constantly engage in revenge fantasies and imaginary conversations where you get even with others.



# FORGIVENESS is THE ANTIDOTE to ANGER.

GoAskSuzie.com

## WHY THIS MAKES YOU VULNERABLE TO INFIDELITY

There are basically two things most people do with their hostile emotions: **(1)** They express them (which accounts for the angry, aggressive personality). or **(2)** They hide, bury or suppress them (which accounts for the passive-aggressive personality).

Of the two of these, those who suppress their anger are more susceptible to serial cheating. It may be because anger, when buried, is always looking for a way to gain revenge. Too often the affair can act as the outlet for those hidden urges of revenge to express themselves. This is why I can say categorically that... **“The majority of extramarital affairs are in fact revenge affairs”**. (Read that last sentence again.)

## 🏠 THE ANTIDOTE?

Recognize that when it comes to anger (or any hostile emotion), you do have a third choice. Rather than expressing or suppressing, you can simply let it go.

*15 years of coaching married couples has taught me...*

Forgiveness is the antidote to anger.

It's a remedy for resentments and the cure for passive-aggressive tendencies. Do you realize what this means? Being willing to forgive all of the slights, disappointments, misunderstandings and flaws in others (and yourself) is also one of the primary skills you need to be successful in a monogamous relationship.

# FINAL THOUGHTS



**N**ow we've come to that place in the road where you've got to decide for yourself how much of what you've learned you will take with you and how much you will discard. And if you've been reading this report in an attempt to better understand yourself, then let me say, congratulations! You're in the minority of my readers. The majority of people who read this report do so in an attempt to better understand someone else (a partner perhaps) so they can better assess their risk of repeat offenses.

And if this describes you, I totally understand. And I think that it's always a good idea to evaluate your risks before you proceed with any venture (including relationships).

**However, I have an intuition about you.**

Since you've read all the way through to the end, then chances are good that by now, you've come to the realization that one or more of the vulnerabilities listed in this report exists within all of us (myself included).

So, am I saying we're all fated to be serial cheaters? No. That's not what I'm saying. I believe vulnerability is not destiny. The goal here is not to judge yourself or to condemn these vulnerabilities, but rather, to learn how to transcend them. In doing so, you get to turn them into stepping-stones rather than obstacles to monogamy. Now here are some of my best suggestions for helping you to do that.

## MY TOP 3 SUGGESTIONS FOR YOU

- 1) Print the 12 Signs of a Serial Cheater infographic (see next page) and use it as a visual guide to having a serious conversation with your partner about what you've learned in this report.
- 2) Register for my WAYWARD REHAB 7-Steps to Wayward Partner Recovery online workshop. (see next page)
- 3) Finally, take the time to answer the process questions (see last page). This will help you to go deeper into your own psyche to help you uncover and remove any hidden vulnerabilities.

Do this... and I have faith that it will help to accelerate your own healing and restore your relationship to a place of love, trust and

Until we speak again, remember... Love Wins!

# 12 SIGNS OF A SERIAL CHEATER

[www.goasksuzie.com](http://www.goasksuzie.com)



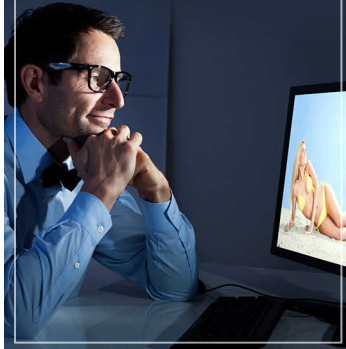
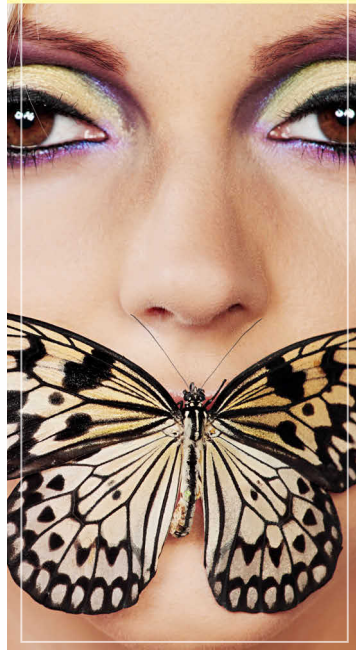
**12** LIVES IN A "ME" UNIVERSE

**8** TROUBLE SAYING NO OR HEARING NO

**6** ADDICTED TO PORN

**3** DIFFICULTY TOLERATING BOREDOM

**11** POOR SELF-IMAGE



**2** DEFAULTING TO DISHONESTY

**10** THE ATTENTION ADDICT

**5** CONSTANTLY LOOKING FOR PROOF OF "SPECIALNESS"



**1**

**BURIED ANGER**



**9** ATTRACTED TO GUILTY SEX

**7** FEELING DEPRIVED

**4** LOYALTY TO EXCUSES AND RATIONALIZING



# NEXT STEPS



Register for my  
**WAYWARD  
PARTNER RECOVERY**  
ONLINE WORKSHOP

- ✓ Overcome mistakes
- ✓ Win back trust
- ✓ Recapture respect
- ✓ Inspire forgiveness
- ✓ End guilt & shame

**BE MORE  
TEMPTATION-PROOFED  
THAN EVER BEFORE**

**CLICK TO GET ACCESS**

# PROCESS QUESTIONS

## 12 SIGNS OF A SERIAL CHEATER

### WHAT ARE PROCESS QUESTIONS?

These are questions designed to help you access deeper emotions, using writing as a tool for processing pain.

### DO THEY WORK?

They worked for Anne Frank. If you remember, Anne Frank became famous for keeping a diary during the Holocaust. What many people don't realize is that her writing was also a powerful way of processing pain. The same can work for you. Start with these 3 process questions and don't stop there. Keep your own journal. You'll find that it helps you tremendously.

QUESTION #  
**01**

According to a Czechoslovakian proverb: *“Better a lie that soothes than a truth that hurts.”* And it's not just the Czechs that believe this to be true. For many people, this belief is their default setting. Journal here on how you may have used this type of excuse to be less than honest with others.

---

---

---

---

QUESTION #  
**02**

William Hazlitt wrote, *“Man is a make-believe animal – he is never so truly himself as when he is acting a part.”* And this can be particularly hard when the roles you are acting out calls for you to be less than authentic. List here two insights you've gained about being inauthentic or playing "roles" in your own life.

---

---

---

---

QUESTION #  
**03**

There's no doubt that lies can have serious consequences. The challenge is that many people don't make the connection to those consequences ahead of time. List here the top 3 major consequences you can now connect to from a past deception.

---

---

---

---

“

**THERE'S A BIG DIFFERENCE  
BETWEEN BEING A BAD PERSON  
AND BEING A PERSON WHO  
HAS MADE A BAD JUDGMENT.**

”

**MARRIAGE WELLNESS INSTITUTE**

17304 Preston Road  
Suite 800  
Dallas Texas 75252

**PHONE: 214-224-0460**

**WWW.GOASKSUZIE.COM**